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(in proteid) one can get for a particular sum when invested in the food under consideration.

Taking results as a whole, it will be observed that the vegetable foods are far cheaper than the animal foods, whether one uses them as sources of energy or of building material. Carbohydrate is by far the cheapest.

(To be continued.)

NURSING IN FINLAND *

By BARONESS MANNERHEIM

Directress of the Surgical Hospital, Helsingfors, and President of the Finnish Nurses Association

I HAVE been asked to say a few words about our Nurses' Association in Finland. It is not very old, not more than ten years, but already it has done a good deal to improve the standard of nursing in my country.

As late as in the seventies and early eighties the words nurses and servants were still almost synonymous. It was not until 1886 when the new surgical hospital of the University of Helsingfors was opened, that a somewhat regular training of nurses was organized, and that a one year course was decided upon. Until then half a year had been thought sufficient.

The probationers, however, then had no home. They had to live in the town and this was of course a great inconvenience. It was then that the Nurses' Association was founded, and the nurses decided to take the matter in their own hands by opening a Home for probationers, for which the necessary funds were secured, partly from private friends and partly from the Red Cross Society.

However, the Association could not compel the probationers to live in the Home, and the hospital directors thought it an interference with personal liberty to require it, so the Home became a sort of hotel where the nurses could stay if they liked and as long as they wished. The results of this system were, obviously, a lack of discipline, and advantage taken of the freedom accorded. The pupils who went to theatres or balls in the evening were not fit for their morning's work, and the others had to do double work. Then, as it was impossible to control the places where the nurses lived, cases of contagious disease not infrequently broke out in the hospital, from infection brought by careless pupils.

* Read at the Paris Conference, June, 1907.

It was at this time that one of our nurses who took a course of training in England had the great privilege of meeting Miss Florence Nightingale, who, with the lively interest she always feels for everything connected with nursing, at once grasped the situation and told our nurse that we *must* make remaining in the Home compulsory for the probationers. She was even kind enough to give a sum of money to be spent in the Home so soon as it should contain all the probationers. This happened only last year, and we are very proud of Miss Nightingale's interest in our work and feel it as a consecration and a stimulus to new efforts. We have devoted her gift to a fund for a library. The house has now accommodation for forty-eight probationers and the work of course goes much better since all are obliged to live together.

The best work our Association has done and that which has brought the greatest improvement in the training, is the preliminary training school which we opened last August, to the maintenance of which, as well as to that of the Home, the Finnish Government is now contributing.

Through the kindness of Miss Lückes, the Matron of the London hospital, who has shown great interest in our work and helped us with advice for which we shall ever be grateful, one of our Sisters was allowed to go through the preliminary training at Tredegar House. On her return she was placed in charge of our preliminary training school, which has now been in operation for two terms with the most satisfactory results.

The probationers remain for two months in the preliminary school and have courses in anatomy, physiology, hygiene, the practice and theory of nursing, bandaging, dispensing, massage, and cooking for the sick. After this they are free from lectures and devote themselves entirely to the practical work in the hospital for the first half of the probation year. During the second half they have lectures in medical and surgical nursing and repetition classes.

The one-year training has now become one and one-half. During the third half year the probationer is appointed as staff nurse (senior) either by day or night.

We are not yet quite satisfied, but wish for a longer training. But our association is young and energetic and will work its way to a thorough course and a high appreciation of the nurse's work.